**** MEDICIS-PROMED

Career Development Plan

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| **ESR** |
| **ESR Number** | **Last Name** | **First Name** | **Title** |
| **Employer** | **Academic Institution (if different)** |
| **Supervisor** |
| **Main Institution** | **Last name** | **First name** | **Title** |
| **Academic Institution** | **Last name** | **First name** | **Title** |
| **Project Break Down [100%][180 ECTS]** |
| **Thesis research** | **Secondment** | **Training & Conferences** |
| **Project Title** | **Work Package** |
| **Milestones** (e.g. simulations, experiments, publication, conferences, thesis defense, …) | **Expected delivery date** |
| **Secondment** |
| **Institution** | **Supervisor** | **Start date** | **Duration** |
| **Project Title** | **Work Package** |
| **Milestones** (e.g. simulations, experiments, publication, …) | **Expected delivery date** |
| **Training** |
| **Objectives** | **Actions** | **Resources** | **Milestone** | **Timeline** |
| **Research skills** |  |  |  |  |
| **Language, Writing & Communication** |  |  |  |  |
| **Management & Funding** |  |  |  |  |
| **Networking** |  |  |  |  |

Date: … … / … … / … … … …

ESR: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Supervisor: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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To aid yourself in the preparation of this Personal Development Plan, we recommend you ask yourself the following questions and write down your answers to reflect on them:

* What are my strengths?
* What skills could improve myself on?
* What are my interests / needs towards achieving my goals?
* What are my mid-term (2 years) and long-term (5-year) goals?

Please discuss your Personal Development Plan with your supervisor, as well as with other members of the MEDICIS-PROMED network who can advise you on the different opportunities for secondment, and help you identify the best way to achieve your personal and professional growth.

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